Jessica Saunders

PE

February 2013

Lower Body Workout

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| Machine/Equipment: | Number of reps: | Amount in one rep: |
| Bike | N/A | 20-25 min. |
| Leg Press | 10 | 15 |
| Hip Abduction | 5 | 15 |
| Hip Adduction | 5 | 15 |
| Bosu balance ball | 5 | 10 squats |

Core Workout

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| --- | --- | --- |
| Machine/Equipment: | Number of reps: | Amount in one rep: |
| Elliptical | N/A | 20-25 min. |
| Abdominal | 5 | 15 |
| Yoga mat | 7 | 15 sit ups |
| Treadmill | N/A | 10 min |

Cardio Workout

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| Machine | Number of reps | Amount in one rep |
| Elliptical | N/A | 30 min. |
| Treadmill | N/A | 10 min |
| Jog in place | N/A | 5 min. |
| Stretch | N/A | 5 min. |

Upper Body Workout

|  |  |  |
| --- | --- | --- |
| Machine | Number of reps | Amount in one rep |
| Elliptical | N/A | 20-25 min. |
| Overhead Press | 5 | 10 |
| Compound Row | 5 | 15 |
| Preacher Curl | 5 | 10 |
| Weights | 10 | 5 |